

All parents are teachers, by deed as well as by example. When a mother and child bake cookies together, that mother effortlessly includes lessons in mathematics, chemistry, and reading, in addition to teaching order and discipline. And what sweeter way to take those lessons than by reading and following a spotted and time-worn family recipe, measuring out a half of a teaspoon of salt or a tablespoon and a half of vanilla, adding ingredients in the proper order and mixing long enough but not too long, then dropping even rows of dough on a baking sheet and waiting for the edges to crisp and turn brown. Taken separately, flour and egg, spices and chocolate, do not look especially mouth-watering, perhaps. But is there anything more sublime than warm chocolate chip cookies still tender from the oven, washed down with a glass of icy cold milk? "Ah, how sweet it is," and Jackie Gleason used to say. Not when you are 10 years old, I suspect. Perhaps not ever. Those are the lessons, and the memories, that mothers give us every day.

We learn life's essential lessons at our mother's side. They may not be life's greatest lessons, yet they may be. They may not be earth shattering new inventions may result, no cosmos-clari-fying theorem be inspired—but they are essential nonetheless. When mothers read stories at night, and when they wash grimy hands and smeared faces, when they nag children to pick up their toys and put away the clean laundry, when they scold children for not sharing with a playmate or for perhaps hitting a playmate, they teach more than reading, more than cleanliness, more than tidiness, more than manners: they teach love. They teach respect for themselves, for oneself, and for others. These are lessons that last a lifetime. They are ingrained. They are what we teach our children. They are how we live our lives. Mothers—they are what make society work. Even as adults, in times of trouble, we may seek solace in a prayer learned in the dim bedrooms of an earlier time, when our mother's voice led us in "Now I lay me down to sleep, I pray the Lord my soul to keep."

For all that mothers have to do each day, for all the lessons they teach, setting aside one day each year to honor them is but a small down payment on the debt of love and gratitude that we owe. My own angel mother, having died when I was just a year old, left no memories for me.

But to her, that angel mother whose prayers have followed me in all the days of my years, and to the kind woman, my aunt, who took me to raise as her own, I say on this day: Thank you. Thank you. I know—I know that they hear. They are in heaven today. And to my wife Erma, to whom I shall be married 64 years, 3 weeks from this past Tuesday, she has mothered me,

too, my wife Erma, and she has continued my raising since I met her in the schoolyard long ago. To my wife Erma, who raised my two precious daughters to be the strong and resourceful women and mothers that they are, I say a heartfelt, "Thank you!" I have been in good hands, and I am grateful on this Mother's Day and every day. And to all the mothers in America who work so hard each day to keep our lives orderly and well fed, and who remind and nag and scold and coach and encourage and hug and mold their children into happy, loving, responsible people, I say on behalf of all mothers, "Thank you!" "Thank you", mothers.

Mr. President, I would like to close with a poem that I learned a long time ago, and which illustrates nicely that combination of education that mothers provide, both practical and spiritual.

I want to dedicate it to our pages today, these fine young people. They are all juniors in high school. They will be calling their mothers, I will bet.

It is called "A Pinch of This, A Pinch of That."

Have you ever heard that said, "a pinch of this, a pinch of that"?

When Mother used to mix the dough,
Or make a batter long ago;
When I was only table high,
I used to like just standing by
And watching her, for all the while,
She'd sing a little, maybe smile,
And talk to me and tell me—What?
Well, things I never have forgot.
I'd ask her how to make a cake.
"Well, first," she'd say, "Some sugar take
Some butter and an egg or two,
Some flour and milk, you always do,
And then put in, to make it good—"
This part I never understood
And often use to wonder at—
"A pinch of this, a pinch of that."
And then, she'd say, "my little son,
When you grow up, when childhood's done,
And mother may be far away,
Then just remember what I say,
For life's a whole lot like a cake;
Yes, life's a thing you have to make—
Much like a cake, or pie, or bread;
You'll find it so," my Mother said.

I did not understand her then,
But how her words come back again;
Before my eyes my life appears
A life of laughter and of tears,
For both the bitter and the sweet
Have made this life of mine complete—
The things I have, the things I miss,
A pinch of that, a pinch of this.
And, now I think I know the way
To make a life as she would say:
"Put in the wealth to serve your needs,
But don't leave out the lovely deeds;
Put in great things you mean to do,
And don't leave out the good and true.
Put in, whatever you are at,
A pinch of this, a pinch of that."

Mr. President, I yield the floor.

The PRESIDING OFFICER. I thank the Senator from West Virginia for speaking on behalf of all the Senators and all the people in America.

Mr. BYRD. Mr. President, I thank the Chair. I suggest the absence of a quorum.

The PRESIDING OFFICER. The clerk will call the roll.

The legislative clerk proceeded to call the roll.

Mr. BENNETT. Mr. President, I ask unanimous consent that the order for the quorum call be rescinded.

The PRESIDING OFFICER. Without objection, it is so ordered.

AMERICAN SERVICEMEMBERS' PROTECTION ACT

Mr. HELMS. Mr. President, in rejecting U.S. membership in the U.N. Human Rights Commission, the strongest voice for freedom in the world has been silenced at and by the United Nations.

Clearly, Members of the United Nations are far more comfortable with a definition of human rights which is agreeable to rogue nations like Libya and Sudan. This is precisely the sentiment which created the International Criminal Court. If the signatories to the Rome Treaty proceed to establish a permanent International Criminal Court, we need an insurance policy against politicized prosecution of American soldiers and officials.

This bill is just that protection, and let me be absolutely clear, the Rome Treaty, if sent to the United States Senate for ratification, will be dead on arrival.

Notwithstanding the fact that the Senate will not ratify this treaty, it is, to my knowledge, the first treaty which would be applicable to the U.S. even without the United States consent. This is, to say the least, an appalling breach of American sovereignty and it will not stand.

But, there will be real consequences if the United States remains silent in the face of this outrage. It is easy to imagine the U.S. or Israel becoming a target of a U.N. witch hunt, with officials or soldiers being sent before judges handpicked by undemocratic countries.

I am pleased that the able Senator from Georgia, ZELL MILLER, is joining in the introduction of this bill. It will help President Bush signal that the United Nations will have to go back to the drawing board when dealing with war crimes. If any such treaty creating a war crimes court does not include the opportunity for a U.S. veto, I will make certain that the Senate vetoes the treaty.

GUNS AND SUICIDE

Mr. LEVIN. Mr. President, this week, May 6–12, is National Suicide Prevention Week. Suicide is the eighth leading cause of death in the United States. This devastating tragedy takes the lives of more than 30,000 Americans each year, and brings suffering and loss to the lives of the friends and family who are left behind. Citing suicide as a

"national public health problem," the U.S. Surgeon General recently announced a national strategy for suicide prevention. Central to the strategy is promoting awareness of the fact that suicide is, indeed, preventable and that we must all do our part to help end this tragedy.

One of the Surgeon General's main goals for preventing suicide is to reduce access to lethal means of suicide of which guns are the most deadly. I commend the Surgeon General for recognizing the need to address the role that guns play in our Nation's staggering suicide rate. Firearms account for 60 percent of all suicides, making them the most commonly used method of suicide and;

Each year more Americans die in suicides by firearms than in murders by firearms. The national suicide prevention strategy recommends a public campaign to reduce the accessibility of lethal means of suicide, including firearms, and urges the gun industry to improve firearm safety design. These aims are backed by evidence that limiting access to lethal means of suicide and self-harm can be an effective strategy to prevent suicide attempts and other self-destructive behaviors. In fact, studies have shown that there is a separate, additional risk of suicide when there is a handgun in the home. Moreover, limiting access to lethal means of suicide, especially handguns, can reduce the number of suicide attempts that are fatal. While more than 650,000 Americans attempt suicide each year, the chance that the attempt will be fatal increases dramatically in those cases where a handgun is used.

The relationship between handguns and suicide is even stronger among young people. Every 46 minutes a young person in this country kills himself or herself, over 60 percent of the time with a firearm. And these numbers are continuing to increase: the youth suicide rate has nearly tripled since 1952, making suicide the third leading cause of death among young people 15 to 24 years of age. There is no question that the increased access young people have to guns has been a major factor in this rise. In fact, one of the most rapidly rising suicide rates in this country is among young African-American makes, increasing 105 percent between 1980 and 1996, and this rise can be attributed almost entirely to suicides by firearms.

The Surgeon General has stated that "we should make it clear that suicide prevention is everybody's business. I believe the Surgeon General is right. Suicide is a national problem that demands our attention and our commitment. Congress should do its part to help prevent suicide by encouraging the manufacture of safer handguns and by closing the loopholes that allow young people easy access to handguns.

THE MOSCOW HELSINKI GROUP

Mr. CAMPBELL. Mr. President, May 12th marks the twenty-fifth anniversary of the founding of one of the most significant human rights groups of the 20th century, the Moscow Group to Monitor Implementation of the Helsinki Final Act.

On August 1, 1975, the United States, Canada, and thirty-three nations of Europe, including the Soviet Union, signed the Final Act of the Conference on Security and Cooperation in Europe, the Helsinki Final Act. Among the agreement's provisions was a section devoted to respect for human rights and fundamental freedoms.

The Soviet government viewing the document as a great foreign policy victory published the text, in its entirety, in "Pravda," the Communist Party's widely circulated newspaper. That move proved to be decisive for the cause of human rights in the Soviet Union. A small group of human rights activists in Moscow, led by Professor Yuri Orlov, read the Helsinki Accords carefully and decided to take their government at its word.

On May 12, 1976, at a press conference initiated by Dr. Andrei Sakharov, the group announced the creation of the "Moscow Group for Assistance in Implementation of Helsinki Agreements," soon to be known simply as the Moscow Helsinki Group.

Needless to say, the Soviet authorities were not pleased that a group of private citizens would publicize their government's deplorable human rights record. The KGB swept down on the Moscow Helsinki Group and made its work almost impossible. Members were imprisoned, sent to "internal exile," expelled from the country, slandered as foreign agents, and harassed.

Despite considerable hardship and risks, members of the group persisted and their work served to inspire others to speak out in defense of human rights. Soon similar groups sprang up elsewhere in the Soviet Union dedicated to seeking implementation of the Helsinki Final Act. By 1982, the three remaining members at liberty in Moscow were forced to suspect their public activities.

Eventually, domestic and international pressure began to bear fruit and helped usher in dramatic changes under Soviet leader Mikhail Gorbachev. Political prisoners and prisoners of conscience began to be freed and longstanding human rights cases were resolved.

In 1989, the Moscow Helsinki Group was reestablished by former political prisoners and human rights activists. In 1996, President Boris Yeltsin signed a decree formally recognizing the contribution of the Moscow Helsinki Group in the campaign to promote respect for human rights in Russia.

Mr. President, ten years after the fall of the Soviet Union, the Moscow Hel-

sinki Group continues to promote human rights and fundamental freedoms in the Russian Federation. Working with a network of human rights centers throughout the country, the Moscow Group provides a wide range of assistance to Russian citizens and residents seeking information about human rights.

As Chairman of the Commission on Security and Cooperation, I congratulate the Moscow Helsinki Group on its 25th anniversary and wish its members the best in their continued endeavors.

Thank you, Mr. President. I yield the floor.

FREEDOM RIDERS

Mr. DURBIN. Mr. President, today, after the Senate finishes its business for the week, many of us will be returning to our home states. I will be flying to my home state of Illinois. And I can anticipate that the trip, for the most part, will be without incident.

However, this wasn't the case for African Americans 40 years ago. Forty years ago, desegregation laws in bus and train stations, as well as their waiting rooms and restaurants, prohibited African Americans from enjoying the same facilities as their white counterparts. The Supreme Court issued a ruling calling for the desegregation of interstate travel. However, this had to be tested.

The Congress of Racial Equality selected a group of students to make a two week trip through the South in nonviolent protest of racial desegregation laws. Congressman JOHN LEWIS was one of those students who was later joined by Rev. Martin Luther King, Jr. These civil rights activists became known as the Freedom Riders. But unlike the travel we are all used to, their ride was filled with fear and brutality. Prior to embarking on this historic journey, the students were told to make out their last will and testament, just in case. But like most youths, they thought themselves invincible. They had no idea how truly dangerous and bloody their mission would become.

One white rider, Jim Zwerg, who joined the riders because he could no longer stand the injustice, had three of his vertebrae cracked, all of his teeth fractured, his nose broken, and suffered from a concussion. The Klan thought that he and other white Riders were betraying them.

On Mother's Day in Alabama, the young Freedom Riders were greeted by a mob of 200 with stones, baseball bats, lead pipes and chains. One Freedom Rider bus had its tires slashed and was stopped by an angry mob. An incendiary device was thrown inside the bus causing it to fill with smoke. And the angry mob held the door closed so that the Riders would burn inside.

The Riders were saved when the fuel tank exploded causing the mob to back